



Tofu Burrito Bowl with Brown Rice

with Corn, Tomatoes & Guacamole



20-30min



2 Servings

| We made this recipe carb conscious by customizing with brown rice.

What we send

- 5 oz quick-cooking brown rice
- 1 yellow onion
- 12 oz pkg extra-firm tofu ⁶
- 2 (¼ oz) taco seasoning
- 1 plum tomato
- 1 romaine heart
- ¼ oz fresh cilantro
- 5 oz corn
- 2 oz shredded cheddar-jack blend ⁷
- 2 oz guacamole

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- small saucepan
- rimmed baking sheet

Cooking tip

To get crispier tofu, remove as much moisture as possible and crumble into jagged-edged pieces, which increases the surface area.

Allergens

Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830kcal, Fat 35g, Carbs 92g, Protein 43g



1. Cook rice

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve; return to saucepan and keep covered until ready to serve.

Halve and thinly slice **all of the onion**.

Preheat broiler with a rack in the top position.



4. Finish tofu & corn

Move the **tofu** over to cover ⅔ of the baking sheet. Add **corn** in an even layer to the empty space. Return to top oven rack and broil until corn is warm and browned in spots, about 2 minutes.

Season **tofu sofritas** to taste with **salt** and **pepper**.



2. Prep tofu

Line a rimmed baking sheet with paper towels. Drain **tofu**; crumble over prepared baking sheet (like the texture of ground beef). Press with more paper towels to remove excess liquid. Remove paper towels from baking sheet, leaving pressed tofu.

To the tofu, add **all of the taco seasoning**, **⅔ of the onions**, **1 tablespoon oil**, and **½ teaspoon salt**; toss to coat.



5. Arrange bowls

Fluff **rice** and divide between serving bowls. Top with **sofritas**, **corn**, **tomatoes**, **lettuce**, **shredded cheese**, and **chopped onions**. Dollop with **guacamole** and garnish with **cilantro leaves**.



3. Broil tofu & prep veggies

Spread **tofu** in an even layer on the baking sheet. Broil on the top rack until browned and starting to crisp, 8-10 minutes (watch closely).

While tofu cooks, halve **tomato** and coarsely chop. Halve **lettuce** lengthwise, then finely shred 1 half crosswise, discarding core (save rest for own use). Pick **cilantro leaves** from stems; discard stems. Finely chop **remaining onions**.



6. Serve

Enjoy!